**BLACKBIRDS FALLING IN THE DEAD OF NIGHT**
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**BACK TO THE MIDDLE AGES**
PILLARS OF THE EARTH COMES TO CBC {page 8}

**MARRIED**
**SHANIA RINGS IN 2011 BY TYING THE KNOT** DISH {page 10}

OTTAWA metro®
Tuesday, January 4, 2011
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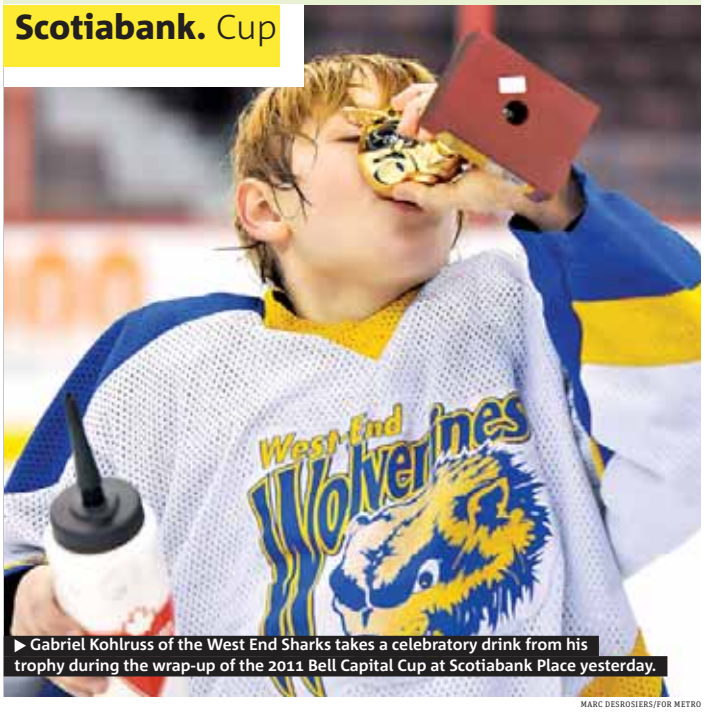
News worth sharing.

**Scotiabank.** Cup



▶ Gabriel Kohlruss of the West End Sharks takes a celebratory drink from his trophy during the wrap-up of the 2011 Bell Capital Cup at Scotiabank Place yesterday.

MARC DESROSIERS/FOR METRO

## Young players wrap up tourney

**The 12th annual Bell Capital Cup finished yesterday with the final four championship games. Almost 500 teams from across Canada and seven other countries, including China, Finland, Germany, Hungary, South Korea and the United States, were vying for the Allen J. MacDonald Memorial Trophy in the world's premier atom and peewee hockey tournament. Champions from the 19 divisions included the Nepean Raiders and the Ottawa Valley Silver Seven White. There were 993 games played over five days. More photos at metronews.ca/local.**

## Resolve to get it right this year

Prof shares tips to keep your resolutions {page 3}

## Boozy chicken a quick dinner

Get a hot meal on the table in 35 minutes {page 13}

# Woman charged in murder

**Police are combing Stanley Avenue for clues in New Year's Day killing Recent Ottawa resident is being held at the Regional Detention Centre**

A 26-year-old Belleville woman has been charged with murder following the discovery of an Ottawa man's bloodied body in the tony neighbourhood of New Edinburgh on New Year's Day.

Residents spotted Simon Hubbard, 43, lying in a pool of blood on a sidewalk on Stanley Avenue around 1:40 p.m. Reports say he is believed to have stumbled out of a basement apartment at 190 Stanley Ave. before collapsing.

Hubbard's accused killer, Jennifer Bird, appeared in court briefly yesterday morning to answer to a charge of second-degree murder. Handcuffed and dressed in blue prison coveralls, Bird remained quiet through most of her appearance.

Justice of the Peace Bernard Swords ordered Bird not to communicate with Shannon and Jordan Worek, Candace Barron, or anyone from Hope Outreach Shelter on Murray Street.

"It's impossible for me to say how she is doing, but nobody is ever doing well when they are charged with this," said Bird's lawyer, Israel Gencher. She next appears in court Friday.

A post-mortem exam yesterday determined Hubbard's death was the result of a stabbing, police said.

SEAN MCKIBBON/METRO

▶ Jennifer Bird stands accused in the death of Simon Hubbard.

FACEBOOK.COM

▶ Police say Simon Hubbard is Ottawa's first homicide of 2011.

SEAN MCKIBBON

MORE COVERAGE AT METRONEWS.CA/LOCAL

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## Pharmacy Technician

**Program Objective**

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

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This 40 week diploma program includes an 8 week co-op placement.

**Pharmacy subject matter covered includes:**

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- Pharmacy Math
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- Pharmacology
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# A plan is key to achieving goals

**Expert says New Year's, September and birthdays are the most popular times of year to make resolutions ◗ Carleton prof has spent years sharing strategies for goal-setting success**

TRACEY TONG
@METRONEWS.CA

It's a new calendar year, which, for many, is synonymous with goal-setting and resolutions.

But according to a Carleton University professor and psychologist, setting goals without a plan for follow-through can do more harm than good.

"New Year's resolutions are kind of a cultural procrastination," said Tim Pychyl. "We think about them in December, and we could start today, but we put them off until January, so there's already a hint of insincerity in it."

Most people, he said, "will make very anemic intentions.

"They don't make resolutions," he said. "They make vaguely stated statements that they don't have to hold themselves to — exercise more, eat less and quit smoking. There's no plan to them. They're broad and almost wishful thinking ... Resolutions state how and when you're going to accomplish it."

**"When our goal pursuit breaks down, our happiness goes in the toilet. Progress on goals are important to our well-being and our happiness."**
TIM PYCHYL, PSYCHOLOGIST

While reaching goals can make people happier, procrastination can affect self-esteem negatively, said Pychyl.

"It creates cognitive dissonance," he said. "You're telling yourself little white lies to help yourself feel better, but you know deep down it's not true."

As they're adopting a new lifestyle, people should keep in mind that there will always be failures, he said.

"You're always going to fall short of your goals on certain days. We wouldn't have to make resolutions if we were perfect on this. Just get started again. It's the spirit of optimism and the spirit of self-forgiveness.

"We have to forgive ourselves so (we're) willing to approach it again."

### Expert tips

**Tim Pychyl offers advice when setting goals.**

- **Don't sweat it**
"A day will come when you don't feel like it," he said. "But you don't have to feel like it. That motivation should match the task at hand is a myth."
- **Just get started**
"If that became the mantra for 2011, more people can achieve their goals," said Pychyl. "So powerful."
- **Be realistic**
"Take baby steps," he said. "Make modest goals you can build on. You want to have success because success builds confidence."
- **Set resolutions**
Have plans attached to them. They should be as concrete as possible, Pychyl said.

## New Year's fires destroy homes

Two New Year's Day fires kept firefighters busy over the weekend.

A couple was left homeless after flames broke out in the attic of their 3618 McBean St. home late Saturday. Firefighters responded just before midnight and managed to contain the fire within the roof of the home. Electrical failure is suspected to have caused the fire.

Another fire in the Richmond area destroyed a home at the corner of Torwood Drive and Vances Side Road.

The house was completely engulfed in flames by the time fire crews arrived. Damage is estimated at $400,000. The house was vacant and no injuries were reported. The cause has not yet been determined. JOE LOFARO

## Teen injured in accident

A 17-year-old male was injured after being struck by a vehicle in Nepean Sunday.

Paramedics responded at 10:22 a.m. to a collision with a pedestrian on Norice Street in the Meadowlands area.

The teen was taken to hospital, where he is in serious but stable condition. TRACEY TONG

## Police investigate double stabbing

Ottawa police are investigating after two men suffered stab wounds in south Ottawa late Saturday night.

Emergency workers were called to Bank Street near Heron Road just before 10:30 p.m., where two males were stabbed.

A 24-year-old male was stabbed in the back, while a 29-year-old man sustained a stab wound to the arm.

Paramedics responded to the scene and stabilized the patients prior to departing to the hospital, where the younger man was in serious condition. TRACEY TONG

*For more local news, go online to metronews.ca*

1 news

Ten-year-old Canadian becomes youngest person to discover a supernova. Scan code for the story.

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# NYE blackbird mystery stumps wildlife experts

**There are somewhere between 100 million and 200 million red-winged blackbirds in the United States**

Wildlife experts are trying to solve a mystery that evoked images of the apocalypse: Why did more than 3,000 red-winged blackbirds tumble from the Arkansas sky shortly before midnight on New Year's Eve?

Scientists are investigating whether bad weather, fireworks or poison might have forced the birds out of the sky, or if a disoriented bird simply led the flock into the ground.

"We have a lot more questions," said Karen Rowe, an ornithologist with the Arkansas Game and Fish Commission. She said there are documented cases of birds becoming confused and plunging to earth.

Residents of the small town of Beebe, northeast of Little Rock, awoke Saturday to find thousands of dead blackbirds littering a four-square-kilometre area. The birds inexplicably dropped dead, landing on homes, cars and lawns. Cleanup crews wore protective suits, gas masks and rubber gloves as they spent the holiday weekend gathering the carcasses.

The director of Cornell University's ornithology lab in Ithaca, N.Y., said the most likely suspect is violent weather. It's probable that thousands of birds were asleep, roosting in a single tree, when a "washing machine-type thunderstorm" sucked them up into the air, disoriented them, and even fatally soaked and chilled them.

"Bad weather can occasionally catch flocks off guard, blow them off a roost, and they get hurled up suddenly into this thundercloud," lab director John Fitzpatrick said.

THE ASSOCIATED PRESS

**Weird science**

**Just one day before some 5,000 blackbirds fell from the sky in Arkansas, piles of dead fish turned up on a nearby shore.**

- Between 80,000 to 100,000 dead drum fish were found dead along a 32-kilometre stretch of the Arkansas River near Ozark.
- The fish and bird deaths have prompted Christian media to quote Bible passages warning about the end times, while conspiracy theory websites tout it as evidence of UFOs.

**London.** Dance

▶ Kimberley Dunne and other burlesque enthusiasts in outfits pose for photographers in front of the National Gallery in central London's Trafalgar Square.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

## World record burlesque dance

**An attempt to break the world record for World's Largest Burlesque Dance occurred yesterday in London. The dance troop, made up of Virgin Holiday staff and burlesque enthusiasts, put on a five-minute routine.**

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Billings Bridge Plaza
Carlingwood Mall
Rideau Centre
St-Laurent Shopping Centre
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PEMBROKE
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# CEOs' pay 155 times more than average: Study

- CEO pay packages higher today than during the 1990s
- Average Canadians saw small rise in 2009 earnings

The recession may have hammered the average Canadian but a new survey suggests CEOs weathered the storm in fine form.

An examination of the 100 fattest pay packages handed to executives at publicly traded companies in Canada shows they pulled in an average $6.6 million each in 2009.

That's a far cry from the $42,988 the average Canadian makes and it dwarfs the $19,877 a minimum-wage worker would earn in a year.

The study by the Canadian Centre for Policy Alternatives says Canada's best-paid CEOs made 155 times more than the average Canadian.

LUCAS OLENIUK/TORSTAR NEWS SERVICE

▶ Aaron Regent — highest paid CEO in Canada.

"Canadians may still be feeling the pain from a worldwide economic meltdown caused by reckless financial speculation but Canada's business elite has preserved its privileged position," writes author Hugh Mackenzie.

The biggest pay package went to Aaron Regent at Barrick Gold Corp., who made $24.2 million in 2009, according to Mackenzie's calculations.

In second place was Hunter Harrison at Canadian National Railway Co., at $17.3 million, followed by Gerald Schwartz at Onex Corp., at $16.7 million.

Still, CEO earnings dropped from the previous year.

THE CANADIAN PRESS

**Facebook.** Investors

▶ Social networking behemoth Facebook, headed by CEO Mark Zuckerberg, has raised $500 million US from Goldman Sachs and a Russian investment firm in a deal that values the company at $50 billion, reports say.

MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

## Cashing in on social networking

**Goldman Sachs is said to have invested $450 million and Digital Sky Technologies invested $50 million into Facebook. Representatives for Facebook, Goldman and Digital Sky Technologies declined to comment.**

## Market moment

| TSX | Dollar | Oil | Natural gas 1,000 cu ft |
|---|---|---|---|
| Closed for the holiday | Did not trade | + 17¢ US ($91.55 US) | $4.650 (+ 24.5¢) |
| | | | Gold contracts $1,422.90 (+ $1.50) |

PRICES AS OF 4 P.M. YESTERDAY

## Hotmail fixed?

Microsoft says it has fixed the glitch that caused some Hotmail users to lose all of their emails.

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# RESOLUTION NO. 1: TIME TO QUIT THE GYM

**She says ...**

**JESSICA NAPIER**

**All right everyone, you've had your fun. You argued drunkenly with your family, kissed a complete stranger at midnight and ate about a year's worth of calories in the span of one week. Now it's time to get serious.**

Last weekend, as I peered from under my duvet at a disaster zone of empty champagne bottles and orphaned sequins, I thought to myself that perhaps 2011 should be the year I start making some changes.

And so, on a gloomy January morning, I pledge this will be the year I start taking vitamins. I'll read more books, watch less television, pay my bills on time and, finally, against typical New Year's tradition, I resolve to quit the gym.

I've been a member of an overpriced health club for more than a year now, the number of times I've actually visited said facility amounts to the caloric value of four Tic Tacs. Sixty dollars a month debited from my chequing account and all I have to show for it is a small laminated card collecting dust in my wallet.

**"Initially, I am wowed by the shiny equipment and excessive amenities."**

Over the years I have joined many a flashy fitness temple with the exact same result — I go routinely for about two months before my commitment wavers and I reach the point where it becomes embarrassing to even think about showing my face there.

So why join in the first place? Initially, I am wowed by the shiny equipment and excessive amenities. *"You mean there's a steam room and a smoothie bar? Here's my credit card."*

But while the flashy accoutrements might lure me in at first, nothing really changes the fact that I just can't stand the Lycra-clad cliques of established gym-goers, partly because I despise their hard-bodied smugness, but mostly because they look so good in skinny jeans.

Sure, there may be some well-meaning aerobic enthusiasts, but most of the crop-top wearing gym rats aren't really there to exercise. They're there to work on their fake tans, buy protein powder and, most importantly, they are there to check each other out. For, you see, there's no difference between the gym and an obnoxious nightclub; there is an expensive cover charge, aggressive music, sweaty bodies and plenty of tight neon clothing.

So, in 2011, I resolve to leave the hormonally charged muscle heads to their own devices and promise myself that this is the year I finally kick my habit of avoiding the gym and cancel my membership for good.

*Read more of Jessica Napier's columns at metronews.ca/shesays*

**Cartoon**

MICHAEL DE ADDER

# Attack defined decade

**Letters & Tweets**

*We asked: What will define the decade of 2000-10?*

**WHITBY, ONT.** I would have to say the terrorist attacks on New York City in 2001, which changed everything. It caused panic all over the world. It raised security concerns everywhere and our sense of freedom was taken away. From Sept. 11, 2001, to this day everything has changed. Many lost their lives on that tragic day and many more have lost their lives fighting (against terrorism). Besides all that, we live our lives in a state of "being on edge" and that alone has defined this decade. The decade when the world changed and the days when North Americans realized we weren't invincible.
**ALLAN EASSON**

**TORONTO.** I would say it was the 9-11 terrorist attacks on the U.S. because it changed so much in terms of how people think and how the world operates.
**SARAH EVANS**

**TORONTO.** Social injustice will define the decade. The financial gluttony of the super rich will be seen as widening the divide between rich and poor, causing poverty and polluting the environment.
**TED CRUDDAS**

**Sept. 11, 2001**

THE ASSOCIATED PRESS FILE

**What are you looking forward to most in 2011?**

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# Metro Minute at War Museum

Seven permanent exhibits are on display at the Canadian War Museum for visitors to get a glimpse of Canada's history told through images and dated artifacts. Four Canadian experience galleries will showcase everything from wars with First Peoples to Canada's fight against dictatorships overseas.

Other exhibits to look out for are the LeBreton Gallery and the Royal Canadian Legion Hall of Honour, which explores Canada's long history of honouring distinguished individuals through personal stories and photographs. Regeneration Hall, the museum's highest point, is a narrow hallway that gives visitors a view of the Peace Tower at Parliament Hill.

JOE LOFARO

TRACEY TONG/METRO

▶ On your way to the LeBreton Gallery, look up and check out art painted on the panels of warplanes.

2 scene

# No U.S. network, no problem

**The Pillars of the Earth actor Rufus Sewell glad that mini-series had no American involvement in production 12th century epic coming to CBC**

Canadian actor Donald Sutherland stars in The Pillars of the Earth, a mini-series that debuts tonight on CBC.

Sweeping sword-and-sandal epics seem to be all the rage, including The Tudors, Spartacus: Blood and Sand and the forthcoming The Borgias, which airs this spring.

Galloping into the arena is The Pillars of the Earth, a $40-million, eight-part historical miniseries that begins tonight at 9 p.m. ET on CBC.

The international co-production was shot in Hungary and Austria and stars Canadian actors Donald Sutherland, Alison Pill (Milk) and Gordon Pinsent, as well as Ian McShane, Hayley Atwell and Rufus Sewell.

With today's ballooning budgets, it seems to take the world to make one of these historical epics. Welsh author Ken Folett wrote the wildly successful novel, which, given the Oprah Winfrey Book of the Month Club seal of approval, topped the best-sellers charts for weeks. Brit Ridley Scott (Robin Hood) is among the executive producers.

**"As far as I'm concerned, the idea of working for one of the major networks worried me."** ACTOR RUFUS SEWELL

The mystery/thriller is set against a backdrop of war and religious strife. Set in the 12th century, it is essentially about an ambitious dream to build a cathedral in a forest during the Middle Ages.

Some Canadians, however, will have seen it before. The miniseries, partially funded by Montreal-based Muse Entertainment, aired last summer on the premium cable channels The Movie Network and Movie Central.

The fact that no big American broadcaster was involved was actually good news for Rufus Sewell.

"As far as I'm concerned, the idea of working for one of the major networks worried me," he says on the phone from Italy, where he was at work playing a detective on another venture.

Sewell worried that a major U.S. network would be so concerned about offending all but the widest possible demographic that a lot of the edgier content would get cut out. He's seen how advertiser boycotts have watered down projects in the past.

"It becomes slightly cowardly," says Sewell, who suggests networks cave under pressure from special interest groups. "Nobody wants to lose the dollars of stupid people or even bigoted people."

While notes did come from the Canadian, German and British investors in this series, the fact that it wasn't controlled by one major source allowed more of the script that drew Sewell to the project in the first place to remain on the screen. THE CANADIAN PRESS

## CBC hopes Pillars can be another Tudors

The Pillars of the Earth is one of several new shows premiering tonight on CBC, which in recent years has avoided the crush of fall shows from south of the border by saving its new offerings for January. The new reality series Village on a Diet began on Monday, with the new spy spoof comedy Insecurity bowing tonight before Pillars. CBC found a steady 700,000 to 800,000 viewers a week for The Tudors, which concluded a four-season run in the fall. With CTV snatching up rights to The Borgias, a historical series starring Jeremy Irons as a notorious 15th century Pope, CBC hopes they've found their historical fix with Pillars.
THE CANADIAN PRESS

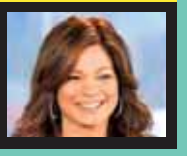
## perfect for historical TV

The actors appearing in The Pillars of the Earth spent five months shooting in and around Budapest. The region works for these historical epics on many levels.

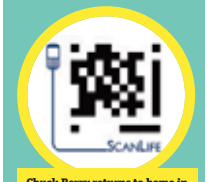
Crews work cheaper than in Hollywood, keeping production costs down, plus the rolling hills of the Hungarian countryside offer vistas mainly free of any modern buildings or other landmarks that would seem out of place.

New technologies have also helped bring these period epics back in vogue. Modern hydro wires and other 21st-century giveaways can be digitally removed and ancient palaces can be digitally inserted. THE CANADIAN PRESS

### News in brief



Actress Valerie Bertinelli has tied the knot in Malibu. Publicist Heidi Schaeffer told The Associated Press that the 50-year-old Hot in Cleveland star married financial planner Tom Vitale on Saturday. Schaeffer said in an email that a report by People Magazine of the wedding was accurate. The ceremony took place in front of about 100 people at her home, according to People. Guests included Bertinelli's ex-husband — rocker Eddie Van Halen — and their son Wolfgang.
THE ASSOCIATED PRESS




Chuck Berry returns to home in suburban St. Louis after health scare during Chicago concert

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# Postlethwaite dies at age 64

THE ASSOCIATED PRESS

▶ Pete Postlethwaite

Oscar-nominated British actor Pete Postlethwaite, described by director Steven Spielberg as "the best actor in the world," has died at age 64 after a long battle with cancer.

Longtime friend and journalist Andrew Richardson said yesterday that Postlethwaite died in a hospital Sunday.

A gritty and powerful actor, Postlethwaite was nominated for an Oscar for his role in the 1993 film In The Name Of The Father.

He had recently been seen in the critically acclaimed film Inception and had worked with Spielberg on The Lost World: Jurassic Park and Amistad.

Postlethwaite initially planned to become a priest but was drawn to acting.

He received an OBE in 2004 along with many other honours for his long career in movies, theatre, and television.

Postlethwaite lived in the hills of rural Shropshire in western England. He was a political activist known for his opposition to the war in Iraq and his call for policies to fight global warming.

He had recently returned to the stage to star as King Lear.

The actor had been treated at the Royal Shrewsbury Hospital. Shortly before his death he publicly thanked the hospital staff in the Shropshire Star newspaper for their "wonderful" treatment and care during his illness.

He is survived by his wife, Jacqui, his son, Will, and daughter, Lily.

THE ASSOCIATED PRESS

## DVD Releases this week

Buy it ⊛⊛⊛⊛⊛ | Rent it ⊛⊛⊛⊛ | Borrow it ⊛⊛⊛ | Yawn ⊛⊛ | Don't bother ⊛

## Machete a sharp film

**Machete**
**Genre:** Action
**Directors:** Ethan Maniquis, Robert Rodriguez
**Stars:** Danny Trejo, Michelle Rodriguez, Robert De Niro
⊛⊛⊛

Machete went over so well as a fake trailer inside Grindhouse, it's become a real film. Danny Trejo is the Mexican with whom you shouldn't attempt sexual congress with — unless you happen to be a gorgeous woman. In which case, all aboard.

These gorgeous women are played by Jessica Alba, Lindsay Lohan, Michelle Rodriguez and others, all of whom are willing to lift their skirts or get the drop with a machine gun, as occasion and the nonsensical script requires. Trejo's preferred weapon of choice, however, hence the character name, is a blade big enough to make Crocodile Dundee run screaming for his mama.

No one would expect a movie like this to have much connection to the real world. But Machete makes for surprisingly effective social commentary. The anti-Mexican and anti-immigrant sentiments espoused by Robert De Niro's Sen. McLaughlin and his stooges are very much in tune with the rabid right wing of U.S. politics.

PETER HOWELL

**Dinner for Schmucks**
**Genre:** Comedy
**Director:** Jay Roach
**Stars:** Steve Carell, Paul Rudd, Stephanie Szostak
⊛⊛½

In adapting Francis Veber's 1998 French farce Le Dîner des cons (The Dinner Game), director Jay Roach and his writers sheath their blades. They make the near-fatal mistake of having both Paul Rudd and Steve Carell play nice guys. Rudd's financier character Tim, supposedly the villain as per the Gallic original, is more put-upon than predatory. Tim gets roped into participating in the "schmucks" dinner to please his demanding boss (Bruce Greenwood) and his artsy girlfriend (Stephanie Szostak).

PETER HOWELL

**Catfish**
**Genre:** Documentary
**Directors:** Henry Joost, Ariel Schulman
**Stars:** Yaniv Schulman, Megan Faccio, Ariel Schulman
⊛⊛⊛

The intriguingly named Catfish makes the persuasive case that Net naïveté still exists, even for guys who might normally heed P.T. Barnum's caution about suckers. Meet Nev Schulman, a 24-year-old New York photographer. Schulman is the subject, and possible co-conspirator of a film that was presented as a documentary at its Sundance debut, but which is now being billed as a "reality thriller." Not much can be said about the film, to avoid spoilers. It begins with a Facebook posting. It gets considerably more involved and weird.

PETER HOWELL

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# Lohan plans new start in new place

**Moves out of West Hollywood to get away from paparazzi, past influences**

To get a fresh start after rehab, Lindsay Lohan is ditching her West Hollywood apartment for a three-bedroom rented condo in a beach-side suburb of Los Angeles, according to Radar Online. "She made the decision to move out some time ago and begin a new chapter," a source says. "Lindsay considered her former apartment in West Hollywood too accessible to paparazzi and those in her life she wants to leave behind." METRO

Lindsay Lohan

## Jackson documentary postponed

The Discovery Channel has bowed to pressure from Michael Jackson's estate and agreed to postpone a filmed reenactment of the late singer's autopsy that was set to air in the U.K., according to TMZ. "At the request of Michael Jackson's estate, the scheduled broadcast of the medical documentary related to Michael Jackson's official autopsy has been postponed indefinitely," the network's reps said.

Jackson's executors had complained that the show was in "shockingly bad taste." METRO

## Arquette checks into rehab

David Arquette has checked himself into rehab for alcohol and "other issues," according to TMZ. Arquette, who has been partying a lot since his separation from Courteney Cox, is seeking treatment because it's "the right thing to do for his family," a source close to the actor says.

But before heading to rehab, Arquette reportedly had one last wild night, celebrating New Year's Eve at the Roosevelt Hotel in Hollywood. METRO

## Shania secretly wed already

Just weeks after announcing her engagement to Frederic Thiebaud, Shania Twain is already married, according to People magazine. The couple tied the knot on New Year's Day, her rep confirms.

"They were married at sunset in Rincon, Puerto Rico, in front of 40 of their closest family and friends," her rep tells the magazine. METRO

Shania Twain

## Married, or just fooling?

Brad Pitt and Angelina Jolie

Brad Pitt and Angelina Jolie reportedly closed out 2010 by tying the knot, but it was all for show, according to In Touch. Sources say the couple held a mock wedding ceremony in Morocco for the benefit of their six children. "Brad and Angelina decided now was the time to show them how much they loved each other and wanted to be unified as a family," a source says. METRO


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ISTOCK PHOTO

▶ Frostbite season is upon us. Learn how to be prepared.

# Frostbite warning

**How to recognize if you have it and what to do when someone you know is showing the signs Be careful though, you could make things worse**

CELIA MILNE
WELLNESS@METRONEWS.CA

During the winter season, it's great to get outside to enjoy the crisp, cold air and, of course, the snow. However, whether you are snowboarding, skiing, tobogganing, snowshoeing or simply waiting for the bus, frostbite can happen if you're exposed to the cold for too long.

And though tempting, rubbing a frostbite can actually make it worse.

"Do not rub on the affected areas as this can cause further damage," says Dr. Jensen Yeung, medical director of RKS Dermatology at Women's College Hospital and the University of Toronto.

Frostbite is damage to the skin and other tissues, and happens when blood vessels under the skin constrict, which can happen at zero degrees and colder.

"A combination of factors determine when frostbite will form," says Yeung. "These include the duration of cold exposure, windchill, wet clothing, inadequate clothing and poor circulation."

Poor circulation can be a result of wearing clothing that is too tight, smoking, diabetes or peripheral vascular disease.

According to Parks Canada, areas most prone to frostbite are toes, feet, fingers, hands, ears and face.

**"A combination of factors determine when frostbite will form... exposure, windchill, wet clothing, inadequate clothing and poor circulation."**
DR. JENSEN YEUNG

Signs to look for that you or a family member have frostbite include:

- Shivering (may be absent in later stages)
- Lack of feeling in the affected area
- Skin that appears waxy
- Skin that is cold to the touch

In second degree frostbite, says Yeung, water-filled blisters can develop. In third and fourth degree frostbite, you may have blood-filled blisters and damage to the nerves. In extreme cases, gangrene can result.

Here's what to do: Bring the person in to a warm environment as soon as possible.

Immediately remove all wet clothing and put on dry ones. Then wrap the person in warm blankets.

Quickly warm up the affected areas in a bathtub with water at 40 to 42 degrees.

Only start to rewarm the person if further re-freezing can be prevented. Fluid replacement is also extremely important.

## Hypothermia

Hypothermia is a risk with cold weather and prolonged outdoor activities. It can sneak up on you if the weather changes, warns Parks Canada. Someone who is suffering from hypothermia is no longer able to keep themselves warm. It's possible to develop hypothermia at any temperature under zero degrees. Signs and Symptoms of Hypothermia include:

- Shivering (may be absent in later stages)
- Numbness
- Lack of coordination
- Confused or unusual behaviour
- Body temperature below 35º C (95º F)

3 life

## Below zero

Frostbite is most common in outdoor workers, homeless people, and athletes participating in outdoor sports. But it can certainly strike adults and children who are having fun and staying outside a little longer than they should. The best winter clothing is breathable, windproof, and quick-drying.
CELIA MILNE

Rare Ewing's Sarcoma strikes at soft tissues in adolescents' bones

# The point of weight loss

**Crazy eating schedules can pack the pounds on But little changes can help to keep them off for good**

CELIA MILNE
WELLNESS@METRONEWS.CA

As Ashley Gibson knows, losing weight is only half the battle. The other half is keeping it off. Gibson, a 26-year-old actor in Toronto, successfully lost 30 lbs using WeightWatchers after a director asked her in August of 2006 to lose weight for a role.

It was February of 2007 when she reached her goal, and she felt great. She maintained her weight until 2010, when a job change resulted in an unpredictable schedule and helter-skelter eating habits. She started gaining weight again.

Gibson is now back on WeightWatchers and thrilled that the company has developed a new, scientific program called PointsPlus. The program is all about promoting exercise, providing a supportive environment, and telling people which foods are the best bet for reducing solid fat, added sugar and sodium. For instance, fresh fruits and most vegetables have a value of zero.

WeightWatchers is no fly-by-night weight loss program. It has been in Canada since 1968. An article published in the Journal of the American Medical Association in 2003 found that people who attended weekly WeightWatchers meetings lost more weight and reduced their waist circumference more than those who tried to lose weight alone.

ISTOCK PHOTOS

▶ Don't get sucked into a diet scam. Research what you need to do to keep the weight off.

Gibson now eats at home more often and spends loads of time in the produce aisle when grocery shopping. She works out three times a week, mixing in dance classes, yoga and personal training sessions. She has lost 5 lbs on the new program.

"It has helped me to reach my goals, become a healthier person and ultimately change my life. I want to shout it from the rooftops!"

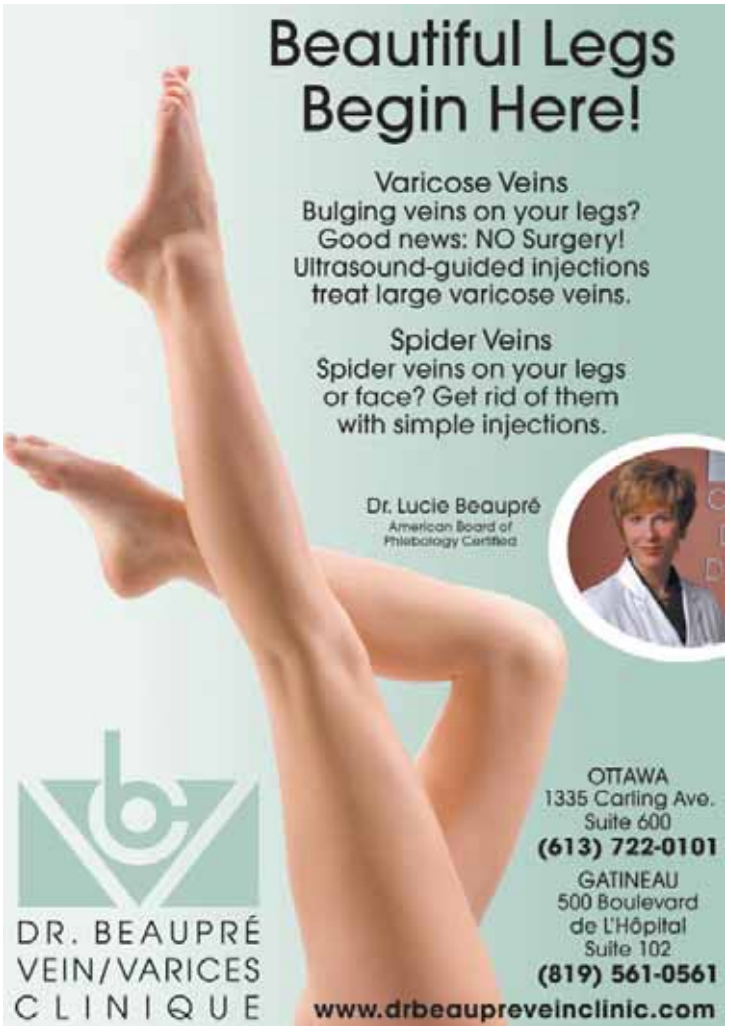
She likes it so much she's become a WeightWatchers leader part-time.

"I always tell my Weight Watchers members that there is 'no save button when you reach your goal weight' and that all the habits you employ in order to lose weight, are all the things that you need to do in order to keep it off."

## Buyer beware

Before you spend your hard-earned dollars on a commercial diet, there are some red flags to look for. Dietitians of Canada says watch out if the program:

- Promises you'll lose more than 2 lbs per week
- Recommends you eat less than 800 calories a day without medical supervision
- Tries to get you hooked on their company products
- Doesn't teach you healthy choices at the grocery store
- Does not include long-term healthy choices such as regular exercise
- Uses counselors who don't have training or qualifications
- Uses counselors who are on sales commission
- Asks you to sign a long-term contract
- Pressures you to sign up right away



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## 2011's liquid predictions

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Can you believe how quickly 2010 disappeared?

Why, it seems like just yesterday Mel Gibson and Mother Nature were battling it out to see who could act crazier by year's end.

Now that we're officially into 2011, I've dusted off my crystal ball and am prepared to make the following liquid predictions for the coming 12 months.

Look for Australia to make a comeback this year. With a major focus on regionality — and more celebrity winemakers than kangaroos — Down Under is preparing to wow your palates.

I also see food-friendly German white wines and non-fortified Portuguese reds working their way into your glasses.

From the vine, malbec will keep rocking the red wine world with sauvignon blanc doing the same for the whites.

Also, look for red blends (especially those with a touch of residual sugar) to be the talk of liquor store shelves.

On the boozier side of things, I see both Irish and American whiskey capturing more market share across the country.

But, my money's on vodka — particularly brands like Russian Standard (750 ml, $23.95 - $24.99) that haven't had every inch of personality filtered out of them — to reign supreme.

**PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

# A go-to chicken recipe

### Skip the booze in this Bourbon Chicken by using apple juice

This pecan-crusted chicken breast with bourbon pan sauce has a rich flavour and looks impressive but takes only 35 minutes to complete.

**Preparation:**

1. Heat oven to 220 C (425 F). In a food processor, combine pecans, 125 ml (1/2 cup) of the flour, salt and pepper, then pulse until mixture becomes a coarse meal. Transfer mixture to a shallow dish.
2. Place remaining 125 ml (1/2 cup) flour in a second shallow dish. In a third shallow dish, lightly whisk eggs.
3. Dip both sides of each chicken breast first in flour, shaking off any excess, then in eggs, then through pecan mixture. Transfer to a plate.
4. In a skillet over medium-high, heat 30 ml (2 tbsp) of the oil. Add 3 chicken breasts and cook until well browned on both sides, 4 minutes per side. Transfer chicken to a baking sheet. Repeat with remaining oil and chicken breasts.
5. Place baking sheet in oven and cook chicken for 12 to 15 minutes. While chicken bakes, make sauce. With skillet over medium-high heat, add bourbon and deglaze, scraping up browned bits from bottom of pan. Add broth, honey and mustard and bring to a simmer.
6. In a bowl, stir together cornstarch and water. Whisk cornstarch into skillet sauce, stir until thick. Stir in chives and soy sauce. Pour sauce over chicken breasts to serve. THE CANADIAN PRESS

LARRY CROWE/ THE ASSOCIATED PRESS

▶ Pecan-crusted chicken breasts with bourbon pan sauce.

**Ingredients:**

- 250 ml (1 cup) finely chopped pecans
- 250 ml (1 cup) white all-purpose flour, divide
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- 2 large eggs
- 6 boneless, skinless chicken breasts (1 kg/2 lbs)
- 60 ml (4 tbsp) extra-virgin olive oil, divided
- 50 ml (1/4 cup) bourbon
- 250 ml (1 cup) chicken broth
- 15 ml (1 tbsp) honey
- 15 ml (1 tbsp) coarse-grained mustard
- 7 ml (1 1/2 tsp) cornstarch
- 10 ml (2 tsp) water
- 50 ml (1/4 cup) chopped fresh chives
- 5 ml (1 tsp) reduced-sodium soy sauce

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It didn't take him long to clue in.

Trev and I soon started talking and he asked me out on a date.

We walked the Rideau Canal hand-in-hand and we learned quite a lot about one another in just a couple of hours.

That's exactly where and when it all began!

We have been together more than six years, and on Oct. 16, 2010, Trevor proposed.

We are now planning to buy a house and say "I do" in 2012.

He will always be my high-school sweetheart and, even more, my soulmate.

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▶ Lisa and Trev

# WHY DON'T YOU GET A (CHAT) ROOM

**Smug Marrieds**

**ANGELA PACIENZA & DEREK CHEZZI**

2FORCOUPLES.COM

TWITTER: @SMUGMARRIEDS

**Friends of ours continuously post lovey-dovey comments to one another on their public Facebook wall. It's making everyone else nauseous. How do we tell them to turn off their Facebook faux pas?**

**Angela says ...**

Do they also "talk" to each other on Facebook when they're in the same house? Ewwww ... that's just plain tacky in my book.

Since they're obviously not down with social media etiquette, I advise a direct approach. Take one half of the couple aside and gently explain that their wall postings fall under the TMI category or are just plain annoying/icky to friends.

Suggest they try the less public form of communicating such as texting or email. Question: Does this couple also speak in baby voices to each other? If so, I'm afraid you might not get very far. Another option is to just unfriend them. I know it sounds harsh, but Facebook is your space, and if you don't want to read lovesick posts, you don't have to.

**Derek says...**

Just un-friend them. Clearly they have little value to add to your friend feed. If it comes up in conversation, be blunt: Tell them you wanted to heave every time their status updates popped up on your iPhone.

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# ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Stop! Don't burn or recycle that wrapping paper. While you're sifting through the post-holiday detritus, make a special effort to look for, and hold on to, warranties. Most Canadian families make a considerable investment in presents — $600 to $750 on average — and one of the best ways to preserve that investment is to keep track of warranties, big and small.

The first time I realized I needed to pay better attention to warranties came when I took my kitchen knives into a Henckels' free sharpening clinic. My husband had used the chef's knife eons earlier for some unauthorized prying and broke off the tip. The rep conducting the workshop took one look at it said, "It's under warranty, I'll replace it." Voila, a brand new knife and no snarky remarks about husbands.

Similarly, when I phoned Obus Forme to purchase a new back for a 10-year-old office chair, the company informed me it was covered under a lifetime warranty.

It's all too easy to toss a broken item, with so much these days lasting such a short time. But warranties can be your ticket to extended use.

The best part about being diligent on the warranty front is that you are extending the life of investments you've made with after tax dollars.

▶ Hold on tight to your warranties after the holiday season if you'd like your favourite loot to last.

## Glitchy gifts

**Chances of top holiday purchases breaking down in the first three years:**

- Desktop computer: 37%
- Laptop: 33%
- Digital camera: 8%

CONSUMER REPORTS

## Interest rates/ Savings accounts

| BANK | RATE |
|---|---|
| BMO | 1.35% |
| CIBC | 0.70% |
| HSBC | 1.00% |
| ING | 1.50% |
| PCF | 1.50% |
| RBC | 1.25% |
| SCOTIA | 1.35% |
| TD | 1.25% |
| ALLY | 2.00% |

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Fun and Frugal

LESLEY SCORGIE
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# A FRESH FINANCIAL START TO THE YEAR

OK so you're not Warren Buffett and you probably need to shape up some part of your financial life in 2011. Set realistic financial resolutions this year that you can actually keep.

**Learn more about money.** You'll feel better equipped to make good financial choices. Take 10 minutes a week to read an investment article in the paper or online. Check out moneyville.ca, globeinvestor.com or finance.yahoo.com.

**Get better organized.** Set up a budget and follow it. Use free budgeting tools online with your bank. Keep your receipts in file folders and pay close attention to your bills to ensure they're accurate.

**Develop a financial plan** Grow your net worth through a combination of debt reduction and asset growth. Get a second or third opinion from a Certified Financial Planner (CFP) or professional accountant.

**Track your net worth progress.** Use a spreadsheet; list all assets like RRSPs and real estate and liabilities like car loans and mortgages. When you subtract your liabilities from your assets, you'll see your bottom line. You want this number to grow, so set some net worth goals for 2011 to reduce debt and build your assets.

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4 sports

# This dish was served cold

**Canada beats U.S. in Buffalo after losing on home ice in last year's gold-medal game ◆ Moving on to face Russians in tournament final**

NATHAN DENETTE/THE CANADIAN PRESS

Team Canada's Quinton Howden celebrates his goal in the first period last night.

Bring on the Russians.

Canada has advanced to its 10th straight final at the world junior hockey championships with a 4-1 win over the rival United States last night.

Curtis Hamilton, Quinton Howden, Ryan Johansen and Zack Kassian scored for Canada.

Canada will face Russia for gold. Russia beat Sweden 6-5 in a shootout in the other semifinal.

Canada played a physical game to get revenge on the Americans, who beat the Canadians 6-5 in overtime in last year's gold-medal game.

| CANADA | U.S. |
|---|---|
| 4 | 1 |

That ended a run of five straight titles for Canada.

Canada opened the scoring 2:38 into a physical first period. Cody Eakin fed Hamilton, who stickhandled in on the U.S. goal. Jack Campbell made the initial save but Hamilton got the rebound and put the puck past the helpless American goaltender.

Canada added to its lead at 13:54 of the first when Brett Connolly set up Howden. Canada goaltender Mark Visentin also drew an assist on the play.

Canada went up 3-0 at 5:59 of the second period on a two-man advantage. Johansen tipped the rebound of a Ryan Ellis shot past Campbell. Johansen has a point in all six of Canada's games in the tournament.

Kassian made it 4-0 at 6:02 of the third period, scoring on a breakaway seconds after Canada killed off a slashing penalty.

The U.S. spoiled Visentin's shutout bid when Chris Brown scored a power-play goal at 9:37 of the third.

THE CANADIAN PRESS

## Sports in brief

**1** Brandon Webb signed with the Texas Rangers.

**2** The Minnesota Vikings have reached an agreement with Leslie Frazier to be their next coach.

**3** The Cleveland Browns fired coach Eric Mangini following a second straight 5-11 season.

THE ASSOCIATED PRESS

## Rask stymies old squad

| BRUINS | LEAFS |
|---|---|
| 2 | 1 |

Phil Kessel did everything he could to break out of a slump against his former team, but Tuukka Rask just wouldn't let it happen.

The Boston Bruins goaltender turned away several good Kessel chances while making 36 saves in a 2-1 win over the Toronto Maple Leafs last night.

Kessel has been held to just one assist in nine games against the Bruins since being acquired in a trade prior to last season. The only other NHL teams he hasn't scored on during his career — Anaheim, Calgary and St. Louis — are based in the Western Conference so he rarely faces them.

The Leafs winger has shown recent signs of improvement against the Bruins, scoring the shootout winner in a game last month and looking energized yesterday. Rask's best save against his former teammate came during the third period after Kessel beat a defenceman and got off a shot from in close.

Nathan Horton and Marc Savard scored for Boston (21-11-6), which wrapped up a five-game road trip.

Mikhail Grabovski replied for the Maple Leafs (14-20-4).

James Reimer made his second straight start in goal for Toronto — the second of his NHL career — and wasn't at fault for either of the goals that got behind him. THE CANADIAN PRESS

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# NATIONAL HOCKEY LEAGUE

## EASTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| d-Philadelphia | 39 | 24 | 10 | 2 | 3 | 131 | 104 | 53 | 12-6-0-2 | 12-4-2-1 | 7-3-0-0 | W1 |
| d-Tampa Bay | 39 | 23 | 11 | 3 | 2 | 121 | 122 | 51 | 12-3-1-1 | 11-8-2-1 | 8-1-1-0 | W2 |
| d-Boston | 38 | 21 | 11 | 1 | 5 | 110 | 85 | 48 | 9-6-1-2 | 12-5-0-3 | 5-3-0-2 | W1 |
| Pittsburgh | 40 | 25 | 12 | 2 | 1 | 127 | 94 | 53 | 13-7-1-0 | 12-5-1-1 | 5-4-0-1 | L2 |
| Washington | 40 | 23 | 12 | 2 | 3 | 120 | 106 | 51 | 14-4-1-3 | 9-8-1-0 | 5-3-1-1 | W3 |
| Atlanta | 42 | 21 | 15 | 2 | 4 | 131 | 125 | 48 | 11-7-1-2 | 10-8-1-2 | 4-4-1-1 | W1 |
| NY Rangers | 40 | 22 | 15 | 2 | 1 | 119 | 103 | 47 | 9-8-1-1 | 13-7-1-0 | 5-3-1-1 | L2 |
| Montreal | 40 | 21 | 16 | 3 | 0 | 100 | 96 | 45 | 12-5-3-0 | 9-11-0-0 | 3-6-1-0 | L1 |
| Carolina | 37 | 18 | 15 | 0 | 4 | 108 | 111 | 40 | 8-7-0-1 | 10-8-0-3 | 6-3-0-1 | W3 |
| Ottawa | 40 | 16 | 19 | 4 | 1 | 90 | 121 | 37 | 9-11-1-1 | 7-8-3-0 | 4-4-2-0 | L3 |
| Florida | 36 | 17 | 17 | 1 | 1 | 98 | 92 | 36 | 8-6-1-1 | 9-11-0-0 | 4-4-1-1 | W1 |
| Buffalo | 38 | 16 | 18 | 4 | 0 | 105 | 114 | 36 | 9-10-1-0 | 7-8-3-0 | 5-5-0-0 | W2 |
| Toronto | 38 | 14 | 20 | 2 | 2 | 90 | 113 | 32 | 8-10-2-1 | 6-10-0-1 | 4-6-0-0 | L1 |
| NY Islanders | 36 | 11 | 19 | 3 | 3 | 84 | 118 | 28 | 7-7-1-2 | 4-12-2-1 | 6-3-0-1 | W2 |
| New Jersey | 38 | 10 | 26 | 1 | 1 | 68 | 122 | 22 | 6-11-1-1 | 4-15-0-0 | 2-8-0-0 | L1 |

## WESTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| d-Vancouver | 37 | 24 | 8 | 3 | 2 | 127 | 92 | 53 | 13-3-1-1 | 11-5-2-1 | 8-1-1-0 | W5 |
| d-Detroit | 39 | 24 | 10 | 4 | 1 | 133 | 110 | 53 | 13-5-3-1 | 11-5-1-0 | 5-3-2-0 | L2 |
| d-Dallas | 40 | 23 | 13 | 1 | 3 | 114 | 113 | 50 | 12-6-1-2 | 11-7-0-1 | 5-3-1-1 | W1 |
| San Jose | 39 | 21 | 13 | 4 | 1 | 115 | 108 | 47 | 10-5-2-1 | 11-8-2-0 | 6-3-0-1 | W2 |
| Anaheim | 42 | 21 | 17 | 2 | 2 | 109 | 119 | 46 | 13-6-0-1 | 8-11-2-1 | 6-4-0-0 | W3 |
| Los Angeles | 38 | 22 | 15 | 1 | 0 | 113 | 92 | 45 | 13-4-1-0 | 9-11-0-0 | 5-5-0-0 | L3 |
| St. Louis | 38 | 20 | 13 | 2 | 3 | 101 | 104 | 45 | 14-5-0-2 | 6-8-2-1 | 6-4-0-0 | L1 |
| Colorado | 39 | 20 | 14 | 5 | 0 | 132 | 125 | 45 | 10-7-2-0 | 10-7-3-0 | 5-4-1-0 | L2 |
| Nashville | 38 | 19 | 13 | 4 | 2 | 95 | 93 | 44 | 9-4-3-2 | 10-9-1-0 | 5-5-0-0 | W2 |
| Chicago | 39 | 20 | 16 | 2 | 1 | 121 | 110 | 43 | 12-9-0-0 | 8-7-2-1 | 4-5-1-0 | L3 |
| Columbus | 39 | 20 | 16 | 2 | 1 | 101 | 114 | 43 | 11-9-0-1 | 9-7-2-0 | 5-5-0-0 | L1 |
| Phoenix | 38 | 17 | 13 | 5 | 3 | 106 | 113 | 42 | 7-5-2-2 | 10-8-3-1 | 3-5-0-2 | L2 |
| Minnesota | 38 | 18 | 15 | 1 | 4 | 98 | 112 | 41 | 10-9-0-2 | 8-6-1-2 | 6-3-0-1 | W1 |
| Calgary | 39 | 18 | 18 | 1 | 2 | 105 | 110 | 39 | 11-7-0-0 | 7-11-1-2 | 6-3-0-1 | W4 |
| Edmonton | 37 | 12 | 18 | 1 | 6 | 95 | 126 | 31 | 6-10-1-2 | 6-8-1-3 | 2-6-0-2 | L6 |

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

**Last night's results**
Boston 2 Toronto 1
Carolina 4 Florida 3 (OT)
N.Y. Islanders at Calgary
Chicago at Los Angeles
Vancouver at San Jose
**Sunday's results**
Vancouver 2 Colorado 1
Atlanta 4 Montreal 3 (OT)
Anaheim 2 Chicago 1
Dallas 4 St. Louis 2
Florida 3 N.Y. Rangers 0
Minnesota 6 Phoenix 5 (OT)
Nashville 4 Columbus 1
Philadelphia 3 Detroit 2
**Tonight's games**
**(All times Eastern)**
Minnesota at New Jersey, 7 p.m.
Tampa Bay at Washington, 7 p.m.
Buffalo at Colorado, 9 p.m.
Detroit at Edmonton, 9 p.m.
Columbus at Phoenix, 9 p.m.

## BRUINS 2, LEAFS 1

**First Period**
1. Toronto, Grabovski 14 (Schenn) 14:08
**Penalty** — Komisarek Tor (interference) 2:14.
**Second Period**
2. Boston, Horton 12 (Seidenberg) 7:56
3. Boston, Savard 2 (Horton, Lucic) 15:30
**Penalties** — Seidenberg Bos (cross-checking) 0:20, Savard Bos, MacArthur Tor (roughing) 10:35.
**Third Period**
No Scoring.
**Penalties** — None.
**Shots**

| | | | | |
|---|---|---|---|---|
| Boston | 7 | 17 | 9 | 33 |
| Toronto | 11 | 8 | 18 | 37 |

**Goal** — Boston: Rask (W,3-7-1); Toronto: Reimer (L,1-1-0). **Power plays (goals-chances)** — Boston: 0-1; Toronto: 0-1.
**Att.** — 19,052 (18,819) at Toronto.

## SCORING LEADERS

| | G | A | PT |
|---|---|---|---|
| Crosby, Pgh | 32 | 33 | 65 |
| Stamkos, TB | 31 | 25 | 56 |
| St. Louis, TB | 16 | 34 | 50 |
| H.Sedin, Vcr | 9 | 40 | 49 |
| D.Sedin, Vcr | 20 | 27 | 47 |
| B.Richards, Dal | 18 | 27 | 45 |
| Perry, Ana | 21 | 23 | 44 |
| Zetterberg, Det | 14 | 30 | 44 |
| Eriksson, Dal | 16 | 27 | 42 |
| Ovechkin, Wash | 14 | 28 | 42 |
| Byfuglien, Atl | 16 | 25 | 41 |
| Kopitar, LA | 15 | 26 | 41 |
| Duchene, Col | 15 | 24 | 39 |
| Datsyuk, Det | 12 | 27 | 39 |
| Sharp, Chi | 21 | 17 | 38 |
| E.Staal, Car | 18 | 19 | 37 |
| Getzlaf, Ana | 13 | 24 | 37 |
| M.Richards, Pha | 13 | 24 | 37 |
| Backstrom, Wash | 11 | 26 | 37 |
| Lidstrom, Det | 11 | 26 | 37 |
| P.Stastny, Col | 15 | 21 | 36 |
| Semin, Wash | 18 | 17 | 35 |
| Giroux, Pha | 16 | 19 | 35 |
| Iginla, Cal | 16 | 19 | 35 |
| Heatley, SJ | 15 | 20 | 35 |
| Roy, Buf | 10 | 25 | 35 |
| J.Thornton, SJ | 10 | 25 | 35 |
| Kesler, Vcr | 19 | 15 | 34 |
| Clowe, SJ | 10 | 24 | 34 |
| Selanne, Ana | 10 | 24 | 34 |
| M.Koivu, Minn | 9 | 25 | 34 |
| Havlat, Minn | 8 | 26 | 34 |
| Enstrom, Atl | 7 | 27 | 34 |
| D.Brown, LA | 16 | 17 | 33 |
| Toews, Chi | 15 | 18 | 33 |
| Malkin, Pgh | 14 | 19 | 33 |
| Letang, Pgh | 6 | 27 | 33 |
| J.Carter, Pha | 16 | 16 | 32 |
| J.Williams, LA | 15 | 17 | 32 |
| Ladd, Atl | 13 | 19 | 32 |
| Plekanec, Mtl | 12 | 20 | 32 |
| Hejduk, Col | 11 | 21 | 32 |
| Ribeiro, Dal | 6 | 26 | 32 |
| Nash, Clb | 18 | 13 | 31 |
| Franzen, Det | 17 | 14 | 31 |
| Tanguay, Cal | 10 | 21 | 31 |
| Briere, Pha | 18 | 12 | 30 |
| Dubinsky, NYR | 15 | 15 | 30 |
| Neal, Dal | 14 | 16 | 30 |
| Backes, StL | 10 | 20 | 30 |
| Malone, TB | 10 | 20 | 30 |
| Visnovsky, Ana | 7 | 23 | 30 |
| Liles, Col | 5 | 25 | 30 |
| Marleau, SJ | 14 | 15 | 29 |
| MacArthur, Tor | 10 | 19 | 29 |
| Yandle, Pho | 6 | 23 | 29 |
| Ryan, Ana | 15 | 13 | 28 |

**Not including last night's games**

# HOCKEY

## IIHF WORLD JUNIOR CHAMPIONSHIP

**(All times Eastern)**
**RELEGATION BRACKET**
**All Games at Lewiston, N.Y.**

| | GP | W | L | OTW | OTL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|---|
| Czech Republic | 2 | 2 | 0 | 0 | 0 | 5 | 2 | 6 |
| Slovakia | 2 | 1 | 0 | 1 | 0 | 7 | 1 | 5 |
| x-Germany | 2 | 0 | 1 | 0 | 1 | 3 | 5 | 1 |
| x-Norway | 2 | 0 | 2 | 0 | 0 | 0 | 7 | 0 |

x — relegated to B-pool.
**Sunday's results**
Czech Republic 3 Germany 2
Slovakia 5 Norway 0
**Today's games**
Germany vs. Norway, 3:30 p.m.
Slovakia vs. Czech Republic, 7:30 p.m.
**CHAMPIONSHIP BRACKET**
**All Games at Buffalo, N.Y.**
**Yesterday's results**
**Semifinals**
Russia 4 Sweden 3 (SO)
**Canada 4** U.S. 1
**Sunday's results**
**Quarter-finals**
**Canada 4** Switzerland 1
Russia 4 Finland 3 (OT)
**Tonight's game**
**Fifth Place**
Finland vs. Switzerland, 7:30 p.m.
**Tomorrow's games**
**Bronze Medal**
Sweden vs. U.S., 3:30 p.m.
**Gold Medal**
Russia vs. **Canada**, 7:30 p.m.

## CANADA 4, U.S. 1

**First Period**
1. Canada, Hamilton 4 (Eakin) 2:38
2. Canada, Howden 2 (Connolly, Gudbranson) 13:54
**Penalties** — None.
**Second Period**
3. Canada, Johansen 3 (Ellis, Barrie) 5:59 (pp)
**Penalties** — Howden Cda (high-sticking) 2:33, Coyle US (high-sticking) 4:33, Wey US (hooking) 4:58, de Haan Cda (slashing) 16:18.
**Third Period**
4. Canada, Kassian 2 (de Haan) 6:02
5. U.S., Brown 2 (Morin, Leddy) 9:37 (pp)
**Penalties** — Ashton Cda (slashing) 3:54, Johansen Cda (hooking) 8:54, Coyle US (delay of game) 10:50
**Shots**

| | | | | |
|---|---|---|---|---|
| Canada | 12 | 16 | 13 | 41 |
| U.S. | 5 | 12 | 6 | 23 |

**Goal** — Canada: Visentin (W,3-0); U.S.: Campbell (L,4-1). **Power plays (goals-chances)** — Canada: 1-3; U.S.: 1-4.
**Referees** — Martin Frano, Jari Levonen. **Linesmen** — Mikko Kekalainen, Felix Winnekens.
**Attendance** — N.A at Buffalo.

# SOCCER

## ENGLAND

### LEAGUE CHAMPIONSHIP

**Yesterday's results**
Barnsley 2 Coventry 1
Crystal Palace 1 Preston 0
Derby 0 Millwall 0
Ipswich 0 Nottingham Forest 1
Leicester 2 Swansea 1
Middlesbrough 1 Norwich 1
Portsmouth 2 Hull 3
Queens Park Rangers 2 Bristol City 2
Reading 2 Burnley 1
Scunthorpe 1 Watford 2
Sheffield United 2 Doncaster 2

## SCOTLAND

### PREMIER LEAGUE

**Yesterday's result**
St. Mirren 0 Kilmarnock 2

# TRANSACTIONS

## BASEBALL

### MLB

**AMERICAN LEAGUE**
NEW YORK YANKEES — Agreed to terms with LHP Pedro Feliciano on a two-year contract.
TEXAS RANGERS — Agreed to terms with RHP Brandon Webb and LHP Arthur Rhodes on a one-year contracts. Designated C Max Ramirez and LHP Clay Rapada for assignment.

### NATIONAL LEAGUE

SAN DIEGO PADRES — Agreed to terms with INF/OF Brad Hawpe on a one-year contract.

## FOOTBALL

### NFL

CINCINNATI BENGALS — Signed FB James Develin, OT Andrew Gardner, S Cary Harris, G Otis Hudson and DE James Ruffin from the practice squad.
CLEVELAND BROWNS — Fired coach Eric Mangini.
DALLAS COWBOYS — Agreed to terms with G Travis Bright. Signed WR Troy Bergeron, T Robert Brewster, DE Alex Daniels, WR Jeff Moturi, TE Jason Pociask, LB Kelvin Smith, CB Ross Weaver to their reserve future list.
MINNESOTA VIKINGS — Reached agreement with interim coach Leslie Frazier to become permanent coach.

### UFL

OMAHA NIGHTHAWKS — Fired coach Jeff Jagodzinski.

## HOCKEY

### NHL

PHILADELPHIA FLYERS — Waived G Michael Leighton.
PHOENIX COYOTES — Assigned F Mikkel Boedker to San Antonio (AHL).
PITTSBURGH PENGUINS — Signed D Deryk Engelland to a three-year contract.
TAMPA BAY LIGHTNING — Reassigned G Jaroslav Janus from Norfolk (AHL) to Florida (ECHL).

### AHL

ABBOTSFORD HEAT — Assigned F Hugo Carpentier and D Giffen Nyren to Utah (ECHL).
SYRACUSE CRUNCH — Recalled F Eric Lampe and F Josh Brittain from Elmira (ECHL).

### ECHL

ECHL — Fined Elmira LW Jon Mirasty and Kalamazoo F Justin Taylor undisclosed amounts for their actions during Friday's game at Kalamazoo.

# FOOTBALL

## NCAA

### BOWL GAMES

**(All times Eastern)**
**Last night's result**
**ORANGE BOWL**
**At Miami**
Stanford vs. Virginia Tech
**Tonight's game**
**SUGAR BOWL**
**At New Orleans**
Ohio State (11-1) vs. Arkansas (10-2), 8 p.m.
**Thursday's game**
**GODADDY.COM BOWL**
**At Mobile, Ala.**
Miami (Ohio) (9-4) vs. Middle Tennessee (6-6), 8 p.m.
**Friday's game**
**COTTON BOWL**
**At Arlington, Texas**
Texas A&M (9-3) vs. Louisiana State (10-2), 8 p.m.
**Saturday's game**
**BBVA COMPASS BOWL**
**At Birmingham, Ala.**
Pittsburgh (7-5) vs. Kentucky (6-6), Noon

# NBA

## EASTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| d-Boston | 26 | 7 | .788 | — |
| d-Miami | 27 | 9 | .750 | ½ |
| d-Chicago | 22 | 10 | .688 | 3½ |
| Orlando | 22 | 12 | .647 | 4½ |
| Atlanta | 22 | 14 | .611 | 5½ |
| New York | 19 | 14 | .576 | 7 |
| Indiana | 14 | 18 | .438 | 11½ |
| Milwaukee | 13 | 18 | .419 | 12 |
| Philadelphia | 13 | 20 | .394 | 13 |
| Charlotte | 11 | 21 | .344 | 14½ |
| Detroit | 11 | 22 | .333 | 15 |
| Toronto | 11 | 22 | .333 | 15 |
| New Jersey | 9 | 25 | .265 | 17½ |
| Washington | 8 | 24 | .250 | 17½ |
| Cleveland | 8 | 26 | .235 | 18½ |

## WESTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| d-San Antonio | 29 | 4 | .879 | — |
| Dallas | 25 | 8 | .758 | 4 |
| d-L.A. Lakers | 23 | 11 | .676 | 6½ |
| d-Utah | 23 | 11 | .676 | 6½ |
| Oklahoma City | 23 | 12 | .657 | 7 |
| Denver | 19 | 13 | .594 | 9½ |
| New Orleans | 20 | 14 | .588 | 9½ |
| Portland | 18 | 16 | .529 | 11½ |
| Houston | 16 | 17 | .485 | 13 |
| Memphis | 15 | 19 | .441 | 14½ |
| Phoenix | 14 | 18 | .438 | 14½ |
| Golden State | 13 | 21 | .382 | 16½ |
| L.A. Clippers | 10 | 24 | .294 | 19½ |
| Minnesota | 9 | 26 | .257 | 21 |
| Sacramento | 7 | 24 | .226 | 21 |

d-division leader
**Last night's results**
Miami 96 Charlotte 82
Orlando 110 Golden State 90
Boston 96 Minnesota 93
Philadelphia at New Orleans
Houston at Denver
Detroit at Utah
Sunday's results
New York 98 Indiana 92
Atlanta 107 L.A. Clippers 98
Boston 93 Toronto 79
Dallas 104 Cleveland 95
Portland 100 Houston 85
Sacramento 94 Phoenix 89
Memphis 104 L.A. Lakers 85
**Tonight's games**
**(All times Eastern)**
Milwaukee at Miami, 7:30 p.m.
San Antonio at New York, 7:30 p.m.
Toronto at Chicago, 8 p.m.
Oklahoma City at Memphis, 8 p.m.
Portland at Dallas, 8:30 p.m.
Atlanta at Sacramento, 10 p.m.
Detroit at L.A. Lakers, 10:30 p.m.

## SCORING AVERAGE

| | G | FG | FT | PTS | AVG |
|---|---|---|---|---|---|
| Durant, OKC | 31 | 283 | 245 | 864 | 27.9 |
| Stoudemire, NYK | 33 | 329 | 207 | 871 | 26.4 |
| Ellis, GOL | 33 | 315 | 154 | 839 | 25.4 |
| Bryant, LAL | 34 | 300 | 217 | 864 | 25.4 |
| Wade, MIA | 33 | 279 | 223 | 810 | 24.5 |
| James, MIA | 35 | 288 | 233 | 855 | 24.4 |
| Nowitzki, DAL | 29 | 260 | 153 | 700 | 24.1 |
| Rose, CHI | 31 | 282 | 128 | 744 | 24.0 |
| Anthony, DEN | 25 | 206 | 165 | 592 | 23.7 |
| Gordon, LAC | 32 | 249 | 197 | 747 | 23.3 |
| Martin, HOU | 33 | 219 | 249 | 759 | 23.0 |
| Williams, UTA | 34 | 246 | 206 | 756 | 22.2 |
| Westbrook, OKC | 35 | 262 | 232 | 766 | 21.9 |
| Beasley, MIN | 32 | 278 | 114 | 699 | 21.8 |
| Griffin, LAC | 34 | 284 | 167 | 739 | 21.7 |
| Bargnani, TOR | 27 | 217 | 106 | 572 | 21.2 |
| Granger, IND | 31 | 228 | 133 | 655 | 21.1 |
| Howard, ORL | 31 | 228 | 199 | 655 | 21.1 |
| Gay, MEM | 32 | 256 | 112 | 668 | 20.9 |
| Love, MIN | 34 | 236 | 192 | 709 | 20.9 |
| Scola, HOU | 33 | 270 | 107 | 647 | 19.6 |
| Aldridge, POR | 34 | 265 | 131 | 664 | 19.5 |
| Pierce, BOS | 32 | 211 | 141 | 605 | 18.9 |
| Randolph, MEM | 30 | 230 | 103 | 566 | 18.9 |
| Lopez, NJN | 34 | 229 | 183 | 641 | 18.9 |
| Ginobili, SAN | 33 | 190 | 156 | 617 | 18.7 |
| Gasol, LAL | 34 | 248 | 139 | 635 | 18.7 |
| West, NOR | 33 | 250 | 113 | 615 | 18.6 |
| Bosh, MIA | 35 | 249 | 151 | 652 | 18.6 |
| Jackson, CHA | 30 | 193 | 101 | 549 | 18.3 |
| Felton, NYK | 33 | 215 | 104 | 591 | 17.9 |
| Deng, CHI | 32 | 211 | 98 | 570 | 17.8 |
| Parker, SAN | 33 | 241 | 93 | 583 | 17.7 |

**Not including last night's games**

# NFL

## AMERICAN CONFERENCE

**EAST**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| y-New England | 14 | 2 | 0 | .875 | 518 | 313 |
| x-N.Y. Jets | 11 | 5 | 0 | .688 | 367 | 304 |
| Miami | 7 | 9 | 0 | .438 | 273 | 333 |
| Buffalo | 4 | 12 | 0 | .250 | 283 | 425 |

**SOUTH**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| y-Indianapolis | 10 | 6 | 0 | .625 | 435 | 388 |
| Jacksonville | 8 | 8 | 0 | .500 | 353 | 419 |
| Houston | 6 | 10 | 0 | .375 | 390 | 427 |
| Tennessee | 6 | 10 | 0 | .375 | 356 | 339 |

**NORTH**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| y-Pittsburgh | 12 | 4 | 0 | .750 | 375 | 232 |
| x-Baltimore | 12 | 4 | 0 | .750 | 357 | 270 |
| Cleveland | 5 | 11 | 0 | .313 | 271 | 332 |
| Cincinnati | 4 | 12 | 0 | .250 | 322 | 395 |

**WEST**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| y-Kansas City | 10 | 6 | 0 | .625 | 366 | 326 |
| San Diego | 9 | 7 | 0 | .563 | 441 | 322 |
| Oakland | 8 | 8 | 0 | .500 | 410 | 371 |
| Denver | 4 | 12 | 0 | .250 | 344 | 471 |

## NATIONAL CONFERENCE

**EAST**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| y-Philadelphia | 10 | 6 | 0 | .625 | 439 | 377 |
| N.Y. Giants | 10 | 6 | 0 | .625 | 394 | 347 |
| Dallas | 6 | 10 | 0 | .375 | 394 | 436 |
| Washington | 6 | 10 | 0 | .375 | 302 | 377 |

**SOUTH**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| y-Atlanta | 13 | 3 | 0 | .813 | 414 | 288 |
| x-New Orleans | 11 | 5 | 0 | .688 | 384 | 307 |
| Tampa Bay | 10 | 6 | 0 | .625 | 341 | 318 |
| Carolina | 2 | 14 | 0 | .125 | 196 | 408 |

**NORTH**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| y-Chicago | 11 | 5 | 0 | .688 | 334 | 286 |
| x-Green Bay | 10 | 6 | 0 | .625 | 388 | 240 |
| Detroit | 6 | 10 | 0 | .375 | 362 | 369 |
| Minnesota | 6 | 10 | 0 | .375 | 281 | 348 |

**WEST**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| y-Seattle | 7 | 9 | 0 | .438 | 310 | 407 |
| St. Louis | 7 | 9 | 0 | .438 | 289 | 328 |
| San Francisco | 6 | 10 | 0 | .375 | 305 | 346 |
| Arizona | 5 | 11 | 0 | .313 | 289 | 434 |

x — clinched playoff berth.
y — clinched division title.

### WEEK 17

**Sunday's results**
Atlanta 31 Carolina 10
Baltimore 13 Cincinnati 7
Dallas 14 Philadelphia 13
Detroit 20 Minnesota 13
Green Bay 10 Chicago 3
Houston 34 Jacksonville 17
Indianapolis 23 Tennessee 20
New England 38 Miami 7
N.Y. Giants 17 Washington 14
N.Y. Jets 38 Buffalo 7
Oakland 31 Kansas City 10
Pittsburgh 41 Cleveland 9
San Diego 33 Denver 28
San Francisco 38 Arizona 7
Seattle 16 St. Louis 6
Tampa Bay 23 New Orleans 13
**End of Regular Season**

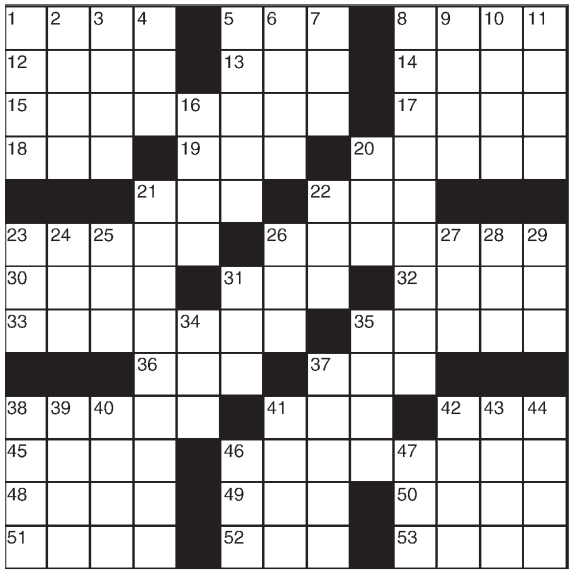
# BASKETBALL

## NCAA

### AP TOP 25

**Last night's results**
**No. 10** Kentucky 86 Pennsylvania 62
St. John's 61 **No. 13** Georgetown 58
**No. 16** Texas A&M 66 Nicholls State 55
**No. 17** Kansas State vs. Savannah State
**No. 18** Michigan State 65 Northwestern 62

## Crossword



**Across**
1 Glitz
5 "Phooey!"
8 Dame Myra at the piano
12 Top-notch
13 — out a living
14 Sheltered
15 Lover of classical music
17 Mountain goat
18 Greek H
19 Hostel
20 Appomattox Court House VIP
21 Crafty
22 Urban transport
23 Possibly will
26 Mid-May honorees
30 Jai —
31 Transmit electronically
32 Notion
33 Like the Talmud
35 Bride's partner
36 Ducats, in "Variety"
37 Healthy
38 Leans
41 Cowpoke's sweetie
42 Discoverer's cry
45 Neighborhood
46 Severe downturn
48 Creche trio
49 "— Town"
50 Command to Fido
51 Organic compound
52 Thickness
53 Vortex

**Down**
1 Dorothy's last name
2 Swag
3 Actress Paquin
4 "Family Guy" daughter
5 "— and Cecil"
6 Related
7 That girl
8 Garment of penance
9 Exile isle
10 Witnessed
11 Fourth canonical hour
16 Sword handle
20 Eviscerate
21 Young and immature
22 Carton
23 Jongg preceder
24 — -de-France
25 Talk on and on
26 Apple product
27 Tokyo's old name
28 — Speedwagon
29 Muppet eagle
31 Repair
34 "— for Alibi"
35 Quarter pint
37 Tinker Bell, e.g.
38 Docile
39 Tehran's land
40 Toy block name
41 France, once
42 Newspaper pg.
43 Ran like the wind
44 Sans siblings
46 Upper surface
47 7-Down, subjectively

**▶ Dec. 26's answer**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| I | C | Y | | A | C | T | S | | B | R | A | D | | |
| O | H | O | | S | L | O | T | | R | A | N | I | | |
| T | O | G | | S | A | G | A | | O | N | T | O | | |
| A | W | A | Y | I | N | A | M | A | N | G | E | R | | |
| | | | E | G | G | | M | I | X | | | | | |
| V | E | G | A | N | | B | E | D | | T | H | O | | |
| O | D | O | R | | F | I | R | | Y | A | R | N | | |
| W | O | O | | R | U | G | | G | O | O | S | E | | |
| | | | S | I | R | | M | A | Y | | | | | |
| J | O | Y | T | O | T | H | E | W | O | R | L | D | | |
| A | V | E | R | | H | O | N | K | | E | A | R | | |
| B | E | T | A | | E | L | S | E | | E | M | U | | |
| S | N | I | P | | R | E | A | D | | D | A | G | | |

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 7 | 3 | | | 6 | 4 | |
| 8 | | | | | | 2 | | 3 |
| | 6 | | | 7 | | | | 1 |
| | 7 | | | | 3 | 1 | | |
| | | | 2 | | 5 | | | |
| | | 4 | 7 | | | | 9 | |
| 4 | | | | 8 | | | 6 | |
| 5 | | 3 | | | | | | 2 |
| | 9 | 6 | | | 2 | 5 | | |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

**Dec. 26's answer ▶**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 7 | 5 | 8 | 2 | 1 | 9 | 4 | 3 |
| 9 | 4 | 1 | 5 | 3 | 6 | 2 | 8 | 7 |
| 3 | 8 | 2 | 7 | 4 | 9 | 5 | 1 | 6 |
| 2 | 3 | 9 | 4 | 1 | 5 | 6 | 7 | 8 |
| 1 | 6 | 8 | 2 | 7 | 3 | 4 | 9 | 5 |
| 4 | 5 | 7 | 6 | 9 | 8 | 3 | 2 | 1 |
| 8 | 9 | 4 | 3 | 5 | 7 | 1 | 6 | 2 |
| 7 | 2 | 3 | 1 | 6 | 4 | 8 | 5 | 9 |
| 5 | 1 | 6 | 9 | 8 | 2 | 7 | 3 | 4 |

### Send a KISS

**Show some love! Send a note to somebody special at kiss@metronews.ca**

*Denka!!! I love your spirit and passion. You are my knight in shining armour. You are doing an excellent job focusing on your goals and maintaining it. Heart you forever* **DANII**

*To My Squishy, There's not a starfish in the world who loves you more. You light up my life like a deep sea lantern fish. Coo coo cachu, I love you.* **XOXOX INKY**

*Morning tiiiiiiime! Morning tiiiime! Morning time morning time morning time morning tiiiiiiiime! I miss you so much I can't wait till you get back, I love you!! :)* **YOUR GIRL**

*J...You make my heart smile! When I look into your eyes I see hope, when I listen to your voice I hear wisdom, and when I lie in your arms I feel LOVED!! Thank you x infinity! 1-4-3 Babe* **-MANY KISSES...M**

## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20** You can expect something pretty extraordinary to occur on the work front over the next few days. But why not go out and make it happen yourself? You're a doer. So do it!

**♉ Taurus April 21-May 21** Today's eclipse falls in the area of your chart that governs your belief system, so it is of the utmost importance that you keep a clear head and make sure you have a firm hold on all of the facts.

**♊ Gemini May 22-June 21** Cosmic activity in one of the more sensitive areas of your chart gives you a negative view of events, but what happens today will confirm that you are loved and admired.

**♋ Cancer June 22-July 22** A solar eclipse in your opposite sign means that loved ones will be full of themselves today. There may be times when you wish they would tone their act down. They're only having fun. You're allowed to have fun, too.

**♌ Leo July 23-Aug.23** The most important thing now is your health. If you feel you are doing too much, you must call a halt. You don't have to work harder just because someone else says you must.

**♍ Virgo Aug. 24- Sept. 22** You'll be endowed with huge self-belief and reserves of energy. Whatever you put your mind to today, and tomorrow, is sure to be a success.

**♎ Libra Sept. 23-Oct. 23** It's the perfect day to take care of domestic issues. You will not only have the desire to do something about them, but loved ones will be co-operative.

**♏ Scorpio Oct. 24-Nov. 22** The more you are on the move today, the more likely it is you will meet people who can be of some use to you socially or in your career. They'll also be more fun than you expected.

**♐ Sagittarius Nov. 23-Dec. 21** What happens today will remind you that money must be kept in its place. Being able to pay your way is important, of course, but more important by far is that you smile while you are doing it.

**♑ Capricorn Dec. 22-Jan. 20** Today's solar eclipse in your sign gives you a massive advantage over your rivals and if you are smart you will take full advantage of it. There will be times in 2011 when it gets even better.

**♒ Aquarius Jan. 21-Feb. 18** You have nothing to fear and everything to look forward to. It may sometimes seem as if you are alone in the world but that is just an illusion and what happens today will highlight that fact.

**♓ Pisces Feb. 19-March 20** You must take a leadership role in group activities over the next few days. The world needs people like you, who are prepared to act. **SALLY BROMPTON**

### Caption contest

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**WIN!**

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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

HASSAN AMMAR/ THE ASSOCIATED PRESS

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# AIR CANADA VACATIONS

# Deals of the week

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## CUBA

### Varadero
**Sirenis La Salina Varadero Beach Resort • 4 ★**
All-Inclusive • Standard rm.
Jan. 15 & 22 • 1 wk.
$699
+Taxes & other fees: $149
Departure tax: 25 CUC cash, paid locally

### Santa Clara
**Royal Hideaway Ensenachos • 5 ★**
PRIVILEGES
All-Inclusive • Royal spa rm.
Jan. 9 - 23 • 1 wk.
$899
+Taxes & other fees: $149
Departure tax: 25 CUC cash, paid locally

## TURKS & CAICOS

**Royal West Indies Resort • 4 ★**
Studio botanical view rm.
Jan. 10, 17 & 24 • 1 wk.
$1399
+Taxes & other fees: $129

## DOMINICAN REPUBLIC

### Punta Cana
**Occidental Grand Punta Cana • 4 ★**
All-Inclusive • Junior suite
Jan. 8 - 29 • 1 wk.
$899
+Taxes & other fees: $165

## JAMAICA

**Sunset Jamaica Grande Resort & Spa • 4 ★**
PRIVILEGES
All-Inclusive
Traditional standard rm.
Jan. 8, 15 & 29 • 1 wk.
$1299
+Taxes & other fees: $93

## GRENADA via Toronto

**Grenadian by rex resorts • 3 1/2 ★**
All-Inclusive • Hillside rm.
Jan. 16 & 23 • 1 wk.
$1659
+Taxes & other fees: $191

## MEXICO

### Ixtapa/Zihuatanejo
via Toronto
**Barceló Ixtapa Beach Resort • 4 ★**
PRIVILEGES
All-Inclusive • Superior rm.
Jan. 29 • 1 wk.
$969
+Taxes & other fees: $267

### Cancun/Riviera Maya
**Grand Sirenis Riviera Maya Hotel & Spa • 5 ★**
All-Inclusive • Junior suite
Feb. 12 • 1 wk.
$1339
+Taxes & other fees: $247

## ARUBA via Toronto

**Occidental Grand Aruba • 4 1/2 ★**
All-Inclusive • Deluxe rm.
Jan. 16 & 23 • 1 wk.
$1999
+Taxes & other fees: $185

## USA

### Las Vegas via Montreal
**Flamingo Las Vegas • 3 1/2 ★**
Deluxe rm. - promo savings
Feb. 2 • 3 nts.
$439
+Taxes & other fees: $117

### Orlando
**Coco Key Hotel and Water Resort • 4 ★**
Double guest rm.
Jan. 15 • 1 wk.
$469
+Taxes & other fees: $105

## CRUISE

### Princess Cruises[1]
**Caribbean Princess®**
Southern Caribbean Cruise
Flight to San Juan via Toronto
Interior stateroom, cat. K
Mar. 27 • 1 wk.
$1039
+Taxes & other fees: $132

## SOL MELIÁ HOTELS & RESORTS

### DOMINICAN REPUBLIC

### Punta Cana
**Paradisus Punta Cana • 4 1/2 ★**
PRIVILEGES
All-Inclusive
Deluxe junior suite
Jan. 8 - 29 • 1 wk.
$1199
+Taxes & other fees: $165

### MEXICO

### Cancun/Riviera Maya
**ME Cancun • 4 1/2 ★**
PRIVILEGES
All-Inclusive
Deluxe lagoon view rm.
Feb. 12 • 1 wk.
$2199
+Taxes & other fees: $247

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